

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div><b>CLOSED</b></div>	<div>3</div> <div>Breakfast 8-9am</div> <div>Strength Training @ 10</div> <div>Chicken-Foot puzzles &amp; cards</div>	<div>4</div> <div>Nutrition Minute @ 11</div> <div><b>BINGO</b></div> <div>Bring something orange</div>	<div>5</div> <div>Strength Training @10</div> <div>Cards, puzzles &amp; games</div> <div>Pinochle @ 12:30</div>	<div>6</div> <div>Exercise @ 10am</div> <div>Cards, games &amp; puzzles</div> <div>Canasta @ 12:30</div>
<div>9</div> <div>Breakfast 8-9am</div> <div>Trivia @ 10am</div> <div>Bowlers meet @ 12:15</div>	<div>10</div> <div>Breakfast 8-9am</div> <div>Strength Training @ 10</div> <div>Cards, puzzles &amp; games</div>	<div>11</div> <div>Trivia @ 11 am</div> <div><b>BRIDGE &amp; 500</b></div> <div><b>@12:30</b></div>	<div>12</div> <div>Strength Training @10</div> <div>Cards, puzzles &amp; games</div> <div>Pinochle @ 12:30</div>	<div>13</div> <div>Exercise @ 10am</div> <div>Cards, games &amp; Puzzles</div> <div>Canasta @ 12:30</div>
<div>16</div> <div>Breakfast 8-9am</div> <div>Exercise @ 10am</div> <div>Bowlers meet @ 12:15</div>	<div>17</div> <div>Breakfast 8-9am</div> <div>Strength Training @ 10</div> <div>Nurse Steve/"Diabetes Blood sugar" @ 11am</div>	<div>18</div> <div><b>BINGO @ 12:30</b></div>	<div>19</div> <div>Strength Training @10</div> <div><b>MAP</b></div> <div><b>(Maryland Access Point)</b></div> <div><b>10am-1pm</b></div> <div>Cards, puzzles &amp; games</div> <div>Pinochle @12:30</div>	<div>20</div> <div>Cards games &amp; puzzles</div> <div>Canasta @12:30</div> <div><b>Spaghetti Dinner</b></div> <div><b>@ 5pm</b></div> <div><b>Speaker/ Elly Jenkins</b></div>
<div>23</div> <div>Breakfast 8-9am</div> <div>Trivia @ 10am</div> <div>Bowlers meet @ 12:15</div>	<div>24</div> <div>Breakfast 8-9am</div> <div>Strength Training @ 10</div> <div>Cards, puzzles &amp; games</div>	<div>25</div> <div><b>(Be Safe Don't Fall )</b></div> <div><b>Speaker Kitty Devilbiss</b></div> <div><b>500 &amp; Bridge</b></div> <div><b>500 Card Party 7pm</b></div>	<div>26</div> <div>Strength Training @ 10</div> <div>Cards, puzzles &amp; games</div> <div>Pinochle @12:30</div>	<div>27</div> <div>Exercise @ 10</div> <div>Cards, games &amp; puzzles</div> <div>Canasta @ 12:30</div>
<div>30</div> <div>Breakfast 8-9am</div> <div>Exercise @ 10am</div> <div>Bowlers meet @ 12:15</div>	<div>  <div> <div>SEPTEMBER 2013</div> <div>           Trip-Sept.13<sup>th</sup> Arlington National Cemetary           Trip- Sept.25<sup>th</sup> Baugher's Resaturant &amp; Farm         </div> </div>  </div>			

Linda Umbel—Coordinator—301-600-6350 Please call 48hrs. in advance for meal reservation.